MENTAL HEALTH RESOURCES IN THE FIRST-YEAR MATH CLASSROOM

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TWO MENTAL HEALTH INTERVENTIONS

Small First-Year Seminar
For 30-40 at-risk students

Large Core First-Year Class
For ~1200 science/engineering students
BC 1800: STUDENT SUCCESS SEMINARS

Course Background
30-40 at-risk students
One 90-minute meeting/week
Covers learning/life/study skills

Intervention
Counsellor visited class
Presentation/Q&A on Self-Care
Students submitted Self-Care plan (5% of final grade)

Lessons Learned
Students struggle to access supports
Normalize seeking supports
Strong desire to feel heard
MATH 1013: APPLIED CALCULUS I

Course Background
~1100 first-year students
Science/Engineering focus
3x50 meetings per week
Standard calculus sequence

Intervention
Interactive learning module
Videos, questions, reflections
Students submit a reflection (1% of final grade)
Used 18 hours of TA time

Lessons Learned
Intended for novice audience
Redirect students
Coaching needed to set goals
MODULE COMPLETION TIMELINES

Module Completion by Days Into Semester

Module Completion by Time of Day